

Recovery Exercise

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✓ **Assessment & Reconnaissance**

- **Verify accuracy of incident details**
- **Medical examiner & law enforcement**
- **Survivor circles**
- **At-risk populations**
- **Safety issues**
- **Incident command: by invitation only**
- **Wake & funeral services**

TARGET:

- Who might need an intervention?
 - Determine the circles of risk

TYPE:

- Intervention continuum

TIMING:

- When is the intervention to take place

Scenario:

- Car accident: A female high school sophomore was killed in a single car crash on Saturday evening.

What further information do you need?

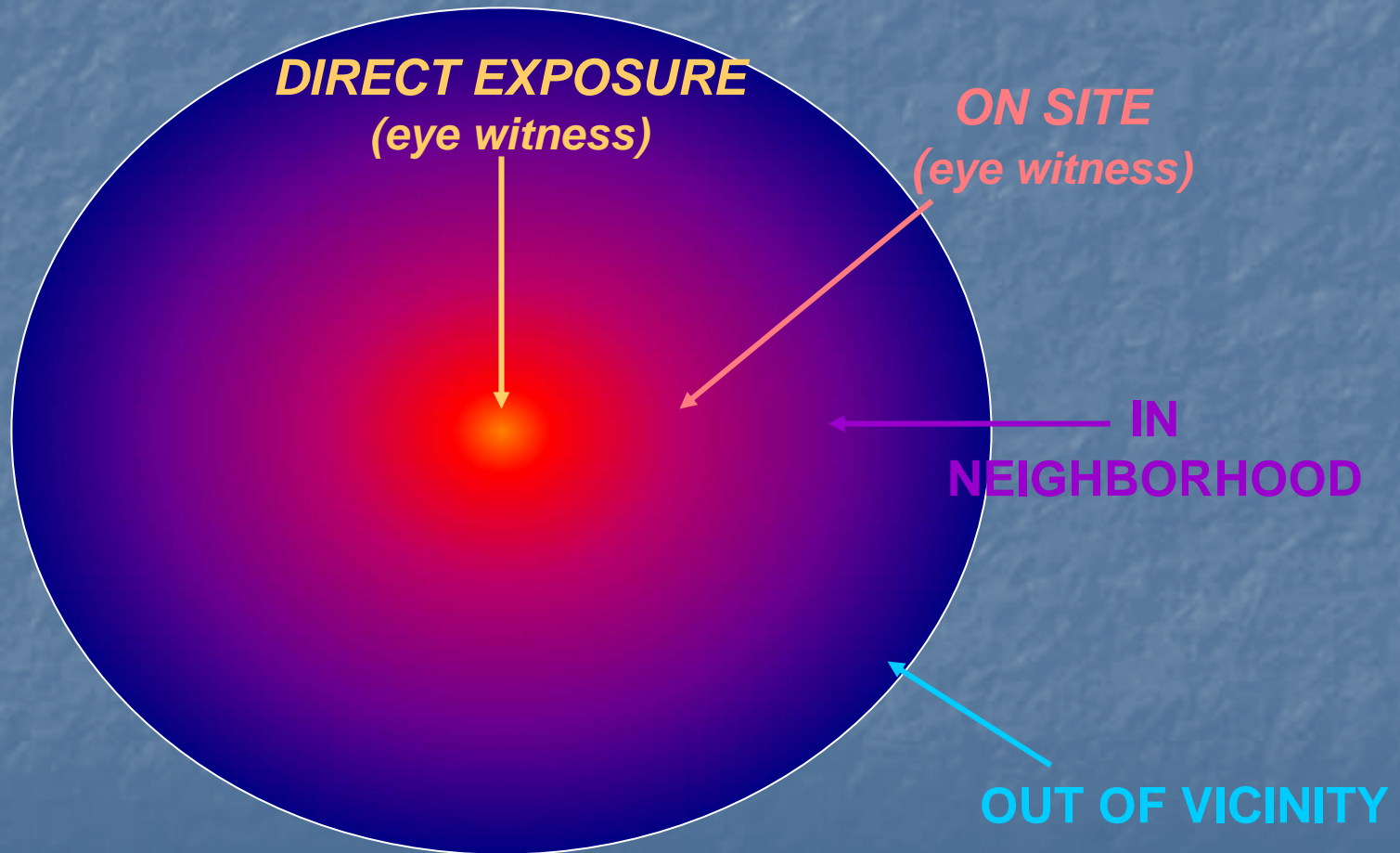
Verified Information:

- Her sister was driving the car and survived. Her sister graduated the prior year from the same school. No one else was in the car. The accident was due to ice on the road, no speed or alcohol was involved. The student was on the soccer team and was a member of the Student Council. She had no other siblings. Several students were in a separate car behind her vehicle and witnessed the accident. Several more students arrived on the scene after first responders arrived.

TARGET: Circles of Risk

- By exposure
- By other risk factors:
 - Familiarity with victim(s)
 - Individual and family history
 - Previous trauma or loss

PSYCHOLOGICAL EXPOSURE RISK ZONES



Who might be impacted by this event?

- Sister
- Eye witnesses to the accident
- Eye witnesses to the scene
- Soccer team
- Student council
- Friends
- Homeroom
- Classmates
- Sister's friends
- Coaches
- Teachers
- Parents
- Boyfriend(s)
- Students with recent personal losses
- Students with history of trauma

TYPE and TIMING:

Stabilization (0 Hour to 72Hours)

- **Assessment of functioning & needs**
- **Stabilization group(s)**
- **Individual crisis intervention**
- **Orientation sessions??**
- **Referral system**

TYPE and TIMING:

Coping & Resource Identification (72 Hours to 12 Weeks)

- **Assessment of appropriate interventions**
- **Coping groups**
- **Resource identification (community wide)**
- **Individual crisis intervention & referrals**
- **Orientation sessions**

TYPE and TIMING:

Recovery Support (12 Weeks to 52 Weeks)

- Ongoing evaluation of services
- Ongoing stakeholder contact (anniversary reactions)
- Follow up debriefings
- Post critical incident seminars
- “Debriefing the Debriefers” and self care programs

What types of
support/interventions might you
offer?

- Counseling referral to sister
- "Safe room" available to students
- Individual and/or group "grief counseling" for appropriate survivor circles
- One-on-one check-ins with impacted students
- Support for care-givers
- Disseminating information on coping with trauma to students and parents (e.g., possible parent information session)
- Means for students to express reactions (e.g., journal, cards, art, poetry, etc.)
- Compassionate presence
- Counselors available following the funeral/wake

Lessons Learned

- Pre-plan
- Have consistent protocols following student deaths
- Consult with experts
- Utilize community partners

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